

AMENDMENTS TO THE CLAIMS

This Listing of Claims will replace all prior versions, and listings, of claims in this application.

Listing of Claims

Claims 1-55 (Canceled).

Claim 56 (Currently Amended): A system comprising:

a communication circuit configured to receive first exercise activity data communicated from exercise machines used by exercisers and second exercise data communicated from one or more computers receiving inputs supplied by exercisers indicative of exercises performed without using an exercise machine;

a memory storing exercise activity records for multiple exercisers;

a processing system programmed to update the stored exercise activity records based on the first received exercise activity data received from the exercise machines and the second exercise data received from the one or more computers, to identify one or more exercisers by applying one or more criteria to the exercise activity records of each of the multiple exercisers, to generate messages relating to the identified exercisers, and to send the generated messages over a communication network as e-mail messages.

Claim 57 (Previously Presented): The system according to claim 56, wherein the messages specify, for each identified exerciser, an exercise activity.

Claim 58 (Previously Presented): The system according to claim 57, wherein the specified exercise activity is based on the exercise activity records for the exerciser.

Claim 59 (New): A system comprising:

a communication interface;
a memory storing exercise activity records for an exerciser; and
a processing system,

wherein the communication interface receives first exercise activity data which is generated by an exercise apparatus and which is indicative of exercise performed by the exerciser using the exercise apparatus and second exercise activity data which is generated based on exerciser-supplied inputs to a computer and which is indicative of other exercise performed by the exerciser without using an exercise apparatus, and

wherein the processing system is configured to update the exerciser activity records in the memory based on the first and second exercise activity data, to generate workout data for the exerciser based at least in part on the exercise activity records, and to send the generated workout data over a communication network.

Claim 60 (New): The system according to claim 59 wherein the exercise apparatus is configured for wireless communication.

Claim 61 (New): The system according to claim 59, wherein the communication network comprises a wireless network.

Claim 62 (New): The system according to claim 59, wherein the exercise apparatus comprises a treadmill.

Claim 63 (New): The system according to claim 59, wherein the exercise apparatus comprises a stationary bicycle.

Claim 64 (New): The system according to claim 59, wherein the exercise apparatus comprises a cross-trainer.

Claim 65 (New): The system according to claim 59, wherein the workout data comprises a program for controlling a parameter of a movable element of the exercise apparatus.

Claim 66 (New): The system according to claim 59, wherein the workout data comprises an exercise activity other than use of the exercise apparatus.

Claim 67 (New): The system according to claim 59, wherein the second exercise activity data received from the computer is indicative of one or more of walking, swimming, biking, tennis, golf and jogging activities.

Claim 68 (New): A system for use by an exerciser that works out by performing first exercise activities using an exercise apparatus configured for wireless communication and by performing second exercise activities without using any exercise apparatus, the system comprising:

a memory storing exercise activity records corresponding to the first and second exercise activities;

a communication interface configured to receive from the exercise apparatus first exercise activity data for the first exercise activities and to receive from a computer second exercise activity data for the second exercise activities; and

processing resources configured to update the exercise activity records based on the first and second exercise activity data, to generate future workout data for the exerciser based at least in part on the exercise activity records for the exerciser, and to communicate the future workout data over a communication network.

Claim 69 (New): The system according to claim 68, wherein the exercise apparatus comprises a treadmill.

Claim 70 (New): The system according to claim 68, wherein the exercise apparatus comprises a stationary bicycle.

Claim 71 (New): The system according to claim 68, wherein the exercise apparatus comprises a cross-trainer.

Claim 72 (New): The system according to claim 68, wherein the workout data comprises a program for controlling a parameter of a movable element of the exercise apparatus.

Claim 73 (New): The system according to claim 68, wherein the workout data comprises an exercise activity other than use of the exercise apparatus.

Claim 74 (New): The system according to claim 68, wherein the second exercise activity data received from the computer corresponds to one or more of walking, swimming, biking, tennis, golf and jogging activities.